

Silver Banner

Fall 2012

Issue 77

Editor: Kelly Pizzi

Mission Statement:

The mission of the Hilltown Assoc. of Councils on Aging is to provide and promote programs, activities and services to the senior citizens of the hill town communities of Becket, Dalton, and Washington and Peru.

Inside this issue:

Movie Schedule	2
Bridges	2
Volunteer Training	2
New programs	2
RoboCalls	3
New Computer Class	3
Upcoming Dates to remember	3
Washington and Becket News	4
911 disability Indicator form instructions	5
911 Disability Form to submit to your PD	6
Council on Aging Board Listing	7
Grace M. Fontaine Chicken Soup	7
Cook-Off Contest Just for Laughs	7
Programs	8
Senior Center Wish List	8
In the Community	8

DALTON TRIAD HELD ITS 12th ANNUAL COUNTYWIDE SAFETY FAIR AND PICNIC ON JULY 18

If you have never been to the Dalton TRIAD Picnic & Safety Fair, plan to attend next summer! TRIAD is a partnership between local seniors and the Berkshire County Sheriff's Department, area fire and police, and the Berkshire County District Attorney's Office. The event, sponsored by the Sheriff's Department, provided Lions Club Retina Eye Scans, blood pressure checks, and a delicious lunch. Four legged officers showed off their skills in apprehending criminals and how their keen noses can detect drugs no matter how cleverly concealed. Information was handed out by AARP, UCP, Red Cross, Elder Services, the Board of Health, Berkshire VNA, and Dalton Fire, Police, and Ambulance services. Kudos to all who had a part in organizing and making this a wonderful event!



VOLUNTEER APPRECIATION DINNER

The "Friends" of the Dalton Council on Aging hosted a magnificent dinner party to honor and give praise and thanks to all of the many talented volunteers who assist in making the Dalton Senior Center an amazingly fun and productive place. On September 28, 2012 nearly 100 people gathered at the Dalton Senior Center for a delicious dinner, catered by Samel's Deli. Select Board member, John Boyle, and Senior Center Director, Kelly Pizzi publicly thanked and commended all those volunteers who tirelessly provide service to the Center on a daily basis. We thank the COA "Friends" and COA volunteers for a great night!!

Salute to our Veterans **Dalton Senior Center** **November 9th 12:00 PM**



Plans are underway for the Dalton Veteran's lunch sponsored in collaboration between the Veterans History Project, the Dalton Senior Center and Epoch at Melbourne. **If you are a Dalton resident and a Veteran, member of the Dalton Veterans Agencies, or involved in the History Project, you are invited!** Please call 684-2000 to RSVP.



Thursday Special—

Movie Night

6:00—8:00 pm.



The movie starts promptly at 6:00 be **EARLY**
Great Room A:

November 15: Act of Valor (R)

Directed by Mike McCoy; starring Roselyn Sanchezk, Jason Collie, Nestor Serran.

December 13: - Holiday Special!

Feature to be Determined

BRIDGES PROGRAM

NOW RECRUITING

Have you ever thought you could impact a young person in a positive way? Want to learn more about youth experience of today? Now is your opportunity!

Nessacus Regional Middle School is adding the intergenerational program to their curriculum this spring. This is the same program that was offered in the past at St. Agnes, which volunteers reported as “very enriching” and something they look forward to continuing each year. Students complete the Program by making a journal, class portfolio, & bulletin board of their experience. Participants have reported a bond and fond memories that they have carried for years.

If you are interested in receiving more information about bridging the gap between youth and aging please contact Mary Lamke at 442-6598 or sign up at the Dalton

NEW PROGRAM OFFERED AT THE DALTON SENIOR CENTER FOR THE 55+

**COMING NOVEMBER HEALTHY
AGING FOR THOSE 55 OR OVER—
SENIOR WELLNESS SERIES**

**TRAINER SHELBY ZAWISTOWSKI
WILL BE LEADING**

**PARTICIPANTS THROUGH A
WEEKLY SERIES ADDRESSING
“WELLNESS, EXERCISE,
NUTRITION AND OVER ALL
PHYSICAL WELL-BEING TO
PROMOTE A HEALTHIER
LIFESTYLE.” WE WILL EXPLORE
PILATES, TAI CHI AND YOGA FOR
YOU TO SEE WHAT IS A GOOD FIT
FOR YOU! COME IN FOR YOUR
BALANCE ASSESSMENT AT THE
FIRST MEETING AND PICK UP
YOUR CALENDAR TAKING YOU
THROUGH APRIL 2013.**

**PROGRAM STARTS NOVEMBER 1
FROM 5–6 PM.**

**INSTRUCTOR FEE: \$8
PRE REGESTER TODAY BY
CALLING 684-2000!**



NEW HAPPENINGS!

LINE DANCING~ Instructed by Cheryl Wendling now meets Mondays 10—11:30. Instructor Fee \$8.

ACRYLIC PAINTING~ Instructed by Katherine Stocking-Koza (the artist who created our mural). Mondays 1– 3:00. Instructor Fee \$10.

VOLUNTEER TRAINING Pre-venting Illness through Caregiving November 19 2:30-4 by Dalton Public Health. ***ALL VOLUNTEERS ARE ENCOURAGED TO ATTEND!***

Worth Noting

You Can Do Something About Robocalls

There has been a lot of commentary about [the July 23rd post regarding the Federal Trade Commission \(FTC\) and robocalls](#), so we thought we would follow up with a bit more information.

First, we want to clarify the rules. The FTC has laws forbidding any sales robocall unless you've given your express written permission to receive it.

Some other types of robocalls are legal, such as informational calls from your doctor, calls from legitimate charities, and political messages. (In general, by the way, political robocalls are protected by the First Amendment.)

One commenter asked about calls from those claiming to be doing a research survey – the answer is that these calls are legal if the purpose of the call truly is to conduct a survey, but if the call is ultimately trying to sell you something, it's illegal.

We've seen an increase in calls from fraudsters who are apparently willing to both violate the laws against robocalls and ignore the Do Not Call Registry. This is because over the past two years, new technologies have made it cheap and simple to send out millions of calls with just the click of a mouse. These technologies also make it easier to hide one's location and evade law enforcement. With the combination of Voice over Internet Protocol (VoIP) calls, cloud computing, auto-dialing software, and other advances, it is now possible to make robocalls for 1 cent per call or less, while also obscuring one's identity quite effectively.

In the face of these changes, the FTC has continued its aggressive law enforcement efforts against robodialers. The agency has brought 12 enforcement cases targeting illegal robocalls, and violators have paid \$5.6 million in total penalties so far.

Since January 2010, the Federal Trade Commission has shut down the companies responsible for more than 2.6 billion illegal telemarketing robocalls. We continue to pursue this approach, targeting high volume offenders and focusing on "chokepoints" in the calling process to stop the largest number of illegal calls. We use consumer complaints to do our targeting, which is why it helps us if you report illegal robocalls to donotcall.gov or by calling **1-888-382-1222**.

By Kati Daffan, staff attorney in the Division of Marketing Practices at the Federal Trade Commission. Submitted by Judith Trumble

Computer Workshops:



-Internet Workshop-

November 1 5:30-7:30

-Beginner's Workshop-

November 28 2:00-3:00

December 5 2:00-3:00

December 12 2:00-3:00

December 19 2:00-3:00

REGISTRATION AT FRONT DESK

Dates to Remember:

November 4

turn clocks back!



November 6 Vote

Need a ride to the polls? The Dalton Council on Aging will be offering free transportation to the polls! Individuals not eligible to take the van should call also as volunteer drivers may be available! Call 684-2000



DECEMBER 13 AT 12:00 PM

Holiday Luncheon!

Space limited please sign up early!

TRAVEL CLUB

**meeting November 20th 10-12.
Dalton Senior Center**

HILLTOWN NEWS

BECKET HAPPENINGS

October events:

A flu clinic will be held October 16th at the Becket Town Hall from 1:00 p.m. till 2:30 p.m. Don't forget to bring your Medicare Card.

October 9th a senior trip to up State New York to a German Fest.

October 27th The Becket Seniors are putting on a spaghetti dinner, dinner will be served from 4:00 p.m.- 6:00 p.m.

at The Becket Town Hall

Adults - \$8.00

Children under 12 - \$5.00

50/50 raffle and door prizes

November:

Plans are in the making for our annual Christmas Party. This year Marc Portieri is doing the cooking, Claire Daigle is making plans for our Lunch Bunch lunch. Pot Luck will not be held because of Thanksgiving.

Christmas Party December 6th
New Years Party December 29th

Birthdays:

October: 3rd Eva Bonney

November: 6th Bruce Demarest
20th Wayne Hill
21st Marc Portieri
28th George Snyder

December: 16th Cliff Lee
25th Lorraine Wechter
29th Marcia Hill

The Becket Seniors wish everyone a Very Merry Christmas and Happy New Year!



WASHINGTON UPDATES

The Washington COA continues to have a potluck dinner once a month on the third Friday of the month at 5:30 p.m. at the Town Hall on 8 Summit Hill Road. For October the Fisher family will be providing song and comedy for the after dinner entertainment. In November The Illusionist is the after dinner movie.



There will be no potluck dinner in December watch your mail for a Holiday invitation.



THE COUNCIL ON AGING RECEIVES INPUT AND ADVICE FROM THE COUNCIL ON AGING BOARD. BOARD MEMBERS REPRESENT THE COMMUNITY FOR WHOM WE SERVE AND ARE APPOINTED BY THE SELECT BOARD FOR A TERM OF THREE YEARS. MEMBERS ARE APPROACHABLE REGARDING NEEDS IN THE COMMUNITY.

OUR FY "13 COA BOARD

JOYCE LACATELL: CHAIR
 MARY LAMKE: V CHAIR
 JEAN POOPOR: CLERK
 MAUREEN MITCHELL: TREASURER
 MARCIA BROPHY
 CORA COONEY
 TOM CALLAHAN, JR
 RALPH YOUNG
 MARJORIE LILLOPP
 JUDITH BROOKS
 HELGA KNAPPE
 *SHIRLEY CLEVELAND
 *JACK McDONOUGH
 *DORIE LAMICA
 *CYNTHIA COSETLLO
 *ROBERT DEAN: ALTERNATE

*INDICATES NEW APPOINTMENTS

Dalton COA welcomes a new addition...



Grace Marie Fontaine
 September 28, 2012
 8lbs 10z. 20"

*We wish you the very best Sarah, Matt
 Joseph & Grace !!*

**CHICKEN SOUP
COOK-OFF!**

JANUARY 22 AT 4:00

**(REGISTRATION
 \$5 PER ENTRÉE)**

**FIRST PLACE RECEIVES A
 GIFT CERTIFICATE TO A
 LOCAL RESTAURANT!**

HERMAN®



"I'm not stealing it. I'm moving
 it closer to my house."

Just for Laughs!



Phone: 413-684-2000
Fax: 413-684-6107
Email: dcoa@bdcn.net

40 Field Street Extension
Dalton, MA 01226

HILLTOWN ASSOCIATION OF COUNCILS ON
AGING, INC.

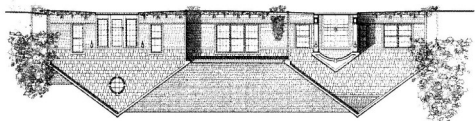
*Marcia Brophy, Dalton
Helga Knappe, Dalton
Sonny Nelson, Becket
Joan Moylan, Becket
Barbara Lufkin, Peru*

Board of Directors

ADDRESS
SERVICE
REQUESTED

Nonprofit
U. S. Postage
PAID
Permit No. 60
Dalton, MA 01226

The Dalton Senior Center is a proud participant in TRIAD. Triad is a community collaboration with local law enforcement including County Sheriff's Office, Berkshire District Attorney's Office. We meet the third Wednesday of every month at 1 pm here at the center.



PROGRAMS & EVENTS at the DALTON COA:

(NOTE: CENTER PROGRAMS HAVE A \$2 FEE PAYABLE TO THE SENIOR CENTER, SOME HAVE ADDITIONAL TO INSTRUCTOR FEES; EXCEPT SENIOR LUNCH. A \$2 DONATION IS PAYABLE TO ELDER SERVICES ONLY)

LUNCHES: Mondays and Thursdays at noon. Make your reservation at least 24 hours ahead, call 684-2000.

OSTEO-EXERCISE: Tuesday and Thursday 10-11:30 and 12:30-2 (no afternoon class the first Tuesday of each month).

FOOT CLINICS: Fourth Friday 9-3 by appointment.
Call 684-2000 FEE: \$25

BLOOD PRESSURE CLINIC: Fourth Thursday 10-12 FREE

PITCH: Fridays 9:30-11:30 Recruiting new and seasoned players now!

BRIDGE: 1-4 Thursdays.

OIL PAINTING CLASSES: Tuesdays, 12:30-3 Instructor Fee: \$15

MAH JONGG- Wednesdays 1-3.

KNITTING/CROCHETING Tuesdays 1-3

QUILTING Thursdays 10:30-3

TAI CHI Thursdays 1:30 sliding instructor fee: \$5-\$8

SHAKE YOUR SOUL Wednesdays 10-11 Instructor Fee: \$3

COMPUTER CLASSES-Learn to explore the web, send email, print photos. Dates & times vary. Call or check the bulletin board or COA Calendar.

SENIOR CENTER WISH LIST

1. **NEWSLETTER** - Writers, proof readers, editor
2. **ON-CALL VOLUNTEERS** - front desk,
Senior lunch (dishes/clean up),
staff to assist with special events &
to cover during vacations.
3. **MONTHLY VOLUNTEERS** - Programs, Service
Planning, Crafts, Committees, COA Friends,
Board of Directors & more!

Council on Aging Events off Site:

"Veteran of the Week":, from the Veteran's History Project shown Saturdays on Chanel 16 of Time Warner Cable.

Life Program: (Living is For the Elderly) is held at Craneville Place. Upcoming dates are:

November 26 2:30 "Life at Craneville Place"

Lunch Bunch: Nov 13, Yankee Candle & Lunch bus trip.